

class introduction

Good morning/afternoon, Welcome along to our class

I think I've met everyone as they came in, my name is XX & I'm your class leader and it is really lovely to have you here.

We are all about sensory play with our babies, when our babies are born the areas in their brain that process sensory information aren't yet connected (their billions of brain cells exist, but are not yet connected in pathways), so we play in a sensory rich way, helps them make lots of new connections and is a lot of fun. Our hope is always that we can give you some ideas from things that we do in class that you can then carry on at home.

We are totally baby led over the next 50 minutes so whatever you and your little one need to do to be comfortable is good by me, so feed, change, stand up, sit down, go for a little wander, whatever makes you comfortable.

And we are going to follow our baby's natural cycle during our class so we are going to play, give them a little rest and do some play. That way we give them some down time in our classes, really important for them to process everything that they have just learned and give them the opportunity to relax during the session.

Each of our sessions you come to is different, so welcome to XX week.

Use the description on the top of the class plan page to explain it briefly before rub, rub, rub.

